2019 Cross Country Team Infractions = Consequences

All runners are to abide by Coach leadership instructions during XC practice and race day times

* All runners must conduct themselves, in an honorable way, toward coach and teammates
* All runners must conduct themselves, in an honorable manner in the classroom

All runners are to arrive in a timely manner to all team practices and race-day events

* When planning to be absent from XC team event, runners must provide verbal. Written note, text, etc. to be excused from said event
* All runners are accountable to inform coach when leaving practice/race day event early for safety reasons; early dismissal must be approved/accepted by coach verbally, by phone, text, note, etc.

All runners are accountable to inform coach when leaving practice/race day event early for safety reasons; early dismissal must be approved/accepted by coach verbally, by phone, text, note, etc.

* All runners must avoid alcohol, cigarettes, drugs, and other harmful substances before, during, after Cross-Country season
* if in violation of above statement, then parents, medical official, AD, school administrators, etc. will be contacted for solution to see if issue can be overcome to allow said athlete to compete on Cross Country Team during summer training and regular season
* If said athlete overcomes said infraction (alcohol, cigarette, drug, etc.) but then returns to above addiction, then said athlete will be dismissed from XC Team for current season
* Above athlete may return to XC Team next season but only after they become clean of said addictive behavior with confirmation from parents, medical official, AD, school administration, and XC Coach approval
* True athletes are held to a higher standard academically and socially, and they must abstain from using harmful substances that degrade their body’s physiology, personal character traits, honor, and well-being

----------------------------------------------------------------------------------------------------------------------------------------------

Consequences for disorderly conduct that violates above statements:

* 1st unexcused absence = 1st warning documented
* 2nd unexcused absence = 2nd warning documented
* 3rd unexcused absence = team dismissal
* Academic cheating and/or discipline referral during school day = running dessert after practice (said runner(s) has 3 options: {*senior & junior captains and co-captains as witnesses*}
* **Run dessert #1**: 6 x 400m at current 5k race pace with same time for recovery (if interval time is not achieved, then current interval must be repeated)
* (ex): 400m run at 1:40, then 1:40 rest time before next interval

or

* **Run dessert #2**: 24 x 100m = each under 18 seconds with 20 second recovery between each (if interval time is not achieved, then current interval must be repeated

or

* Dismissal from XC Team

Cross Country Coach